

# Safety Tips

## Extreme Heat

### Event



#### Be Prepared:

- Find your home's coolest room or find a local spot where you can cool off
- Be aware – check the weather, watch for heat alerts
- Know the signs of heat exhaustion and heat stroke
- Have fans to move cool air around • Make ice and have jugs of water on hand

#### During A Heat Event:

- Drink plenty of water
- Wear loose fitting clothing and a hat, apply sunscreen (at least SPF 30)
- Stay inside or seek out cool, shady areas
- If possible, go someplace to cool off (tree-shaded area, swimming, air-conditioned places like a grocery store, library or shopping mall)
- Avoid strenuous outdoor activities
- Close curtains during the day, use fans at night
- Take cool showers, baths or apply wet cloths
- Check on vulnerable people (infants, seniors, neighbours)
- Watch for signs of heat stroke and if you are experiencing a medical emergency seek medical help or call 911.